

## Health, Nutrition and Wellness Web sites

Employee Insurance Program  
[www.eip.sc.gov](http://www.eip.sc.gov)

Healthier US  
[www.healthierus.gov](http://www.healthierus.gov)

Health Information Provider  
[www.healthfinder.gov](http://www.healthfinder.gov)

The Centers of Disease Control  
and Prevention  
[www.cdc.gov](http://www.cdc.gov)

National Heart, Lung and Blood  
Institute  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

National Institute of Diabetes,  
Digestive and Kidney Diseases  
[www.niddk.nih.gov](http://www.niddk.nih.gov)

South Carolina Budget and Control Board  
Employee Insurance Program  
P.O. Box 11661  
Columbia, SC 29211

# *PREVENTION PARTNERS*

## Presents



South Carolina  
Budget and Control Board  
Employee Insurance Program  
Prevention Partners  
Columbia, South Carolina  
803-737-3820  
[www.eip.sc.gov](http://www.eip.sc.gov)



The State Health Plan Prevention Partners is pleased to offer the "Back on Track" Back Pain and Injury Prevention Tape.

The Back on Track videotape offers many exercises and tips for keeping your back strong, flexible and pain-free. "Back on Track" helps you to:

- Identify the causes of your back pain and injury.
- Teaches exercises for back strength, flexibility and posture.
- Teaches you about back anatomy, movement, body mechanics and ergonomics.
- Explains how exercise is important in preventing back problems.

The Back on Track videotape contains one informational segment and two instructional exercise segments to help you improve or maintain your back's strength.

The program costs \$3.00, plus tax.

### Health Tips:

- Don't smoke or chew tobacco products.
- Avoid being overweight.
- Get at least a half-hour a day of moderate to vigorous exercise.
- Drink alcohol moderately or not at all.
- Eat healthy foods. Avoid saturated fats.
- Drink at least 64 ounces of water every day.
- Eat at least five servings of fruits and vegetables a day.

*WARNING: Consult your physician before starting any exercise program.*

## Back on Track Order Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP code \_\_\_\_\_

Work phone \_\_\_\_\_

E-mail \_\_\_\_\_

Quantity	Price per program	Price
	\$3.00	\$
		<b>Subtotal</b> \$ _____
		<b>Sales Tax (5%)</b> \$ _____
		<b>TOTAL</b> \$ _____

**Make check payable to the  
Employee Insurance Program.**

**Sorry, no cash or purchase orders  
accepted.**

**Mail check and order form to:**  
Employee Insurance Program  
Prevention Partners  
P.O. Box 11661  
Columbia, SC 29211  
803-737-3820  
FAX: 803-737-0557

**Web Site:** [www.eip.sc.gov](http://www.eip.sc.gov)